

Upcoming Groups/Classes – Spring 2017

Lowering Anxiety Through Self-Regulation Group

Thursday, April 13 – Thursday, June 8 – 3:00 pm – 4:30 pm

- a course to help children aged 6-12 lower their anxiety

Children & Change Group

Wednesday, April 12 – Wednesday, May 31 – 3:00 pm – 4:30 pm

- a counsellor-facilitated group program for children aged 6-12 whose parents have separated or divorced

Parenting Skills Class

Thursday, April 6 – Thursday, May 25 – 7:00 pm – 9:00 pm

- Supports parents in developing skills to address challenging behaviours in children or teens

Reaching Older Women (ROW) Group

Tuesday, April 4 – Tuesday, May 16 – 1:30 pm – 3:30 pm

- a confidential group for women 50+ who have experienced historical or current partnership abuse

Women & Wellness Group/Workshop

Stay tuned for dates – please phone our office at 250-860-3181.

- a creative group series for women in the community of all ages and backgrounds

** Pre-registration required for above groups. Please call 250-860-3181.*

Ongoing Drop-in Groups

Finding Our Voices Drop-in Group

Fridays – 9:30 am – 11:30 am (except stat holidays)

- A group for women impacted by childhood and/or relationship abuse (new women – please come at 9:00 am)

Women's Relationship Drop-in Group

Tuesdays – 9:30 am – 11:30 am (except stat holidays & July/August)

- A counselling group for women who are experiencing relationship challenges (new women – please come at 9:15 am)

Men's Drop-in Group (Stress or Anger in Relationships)

Mondays – 5:30 pm – 7:30 pm (except stat holidays & July/August)

Men's Drop-in Relationship Group

Wednesdays – 6:00 pm – 9:00 pm (except stat holidays & July/August)

Please see our website (www.kfscs.com) for more information on these groups.